



Bench Press

Shed West Community Men's Shed Inc. for Pullenvale Ward
Number 19 June 2012

Toy Makers Extraordinaire



Love what you do and do what you love.



Don't let anyone tell you not to do it.

Imagination should be the centre of your life!



A selection of photos on the work of our wonderful toy makers by Hans Binnekamp (HB)

Love what you do and do what you love.
Don't listen to anyone else who tells you not to do it.
You do what you want, what you love.
Imagination should be the centre of your life.
I want your loves to be multiple.
I don't want you to be a snob about anything.
Anything you love, you do it.
It's got to be with a great sense of fun.
Doing something is not a serious business.
It's a joy and a celebration.
You should be having fun with it.
It's not work.
If it's work, stop and do something else.

Everyone must leave something behind when he dies,
my grandfather said.
A child or a book or a painting or a house or a wall or a
pair of shoes made.
Or a toy or a garden planted.
Something your hand touched some way
so your soul has somewhere to go when you die,
and when people look at that tree or that flower or that
toy,
you're there.

Ray Douglas Bradbury (August 22, 1920 – June 5, 2012)

President's Report

Graham Barnard

As President of Shed West, it is most pleasing to be stopped in the street or a shopping centre and complimented on the contribution that members of Shed West make to the community; you are to be congratulated. Our Shed continues to thrive with new members joining and the level of interest in sheds growing. Much can be attributed to the very interesting presentations and visits that have been arranged; also to the enthusiasm of a dedicated few members who manage the workshop and associated activities very well. Our recent display at the Brookfield show, whilst not overly successful as a fund raising venture, was most successful in showing the flag and raising our level of awareness in the community. Thanks to those who contributed in making it a success.



Shed members inspecting a potential shed site at Brookfield Showgrounds.

Planning continues for the establishment of a Shed facility at both Brookfield and Bellbowrie. A draft memorandum of understanding is being developed between Shed West and the Brookfield Trust and will consider the many legal, technical and logistic implications for such a project. The Bellbowrie proposal is slightly further developed with agreement in principle to erect a Shed facility on land behind the Moggill Anglican Church. Also, discussions are continuing regarding the donation of the old Moggill Country Club for removal to the Anglican site for use as a Shed facility. It must be stressed that no financial or legal commitments have been made. Both proposals are at the planning stages to gather sufficient

information on which a business case for each can be developed and considered by the Committee and Shed membership.



Above is the building which has been offered for the Bellbowrie Shed where members recently carried out a working bee. The end result is shown below.



There are many individuals who make a significant contribution to the running of the Workshop, but I would like to make special mention of our Don Bray. Don is present at the Shed every morning of the working week and many afternoons as well. Don has offered to open the Shed for individuals to work on their own projects at other times, by arrangement. He keeps operation of the Shed in good order and if you need assistance can provide sound advice on most tasks. Thanks and well done Don.

Welfare Guidelines

Graeme Curnow

Shed West has a Welfare Sub Committee Coordinated by Graeme Curnow. Following are the Shed's welfare guidelines.

Do No Harm by your attitude; by your words; by your actions.

Take No Agenda Let the person you are visiting determine the topics of conversation and interest. Don't bring the conversation around to your own interests. It may be that what you are doing is the topic of interest for the other person and then that should not be avoided.

Do Not Advise Offer suggestions if appropriate – 'have you considered?' But the decision must belong to the other person.

Relationship The first step in the relationship is to make a friend. The second step is to be a friend through visitation. It is an intentional friendship for the benefit of the other person. You are in the relationship for the long haul.

Actively Listen The person you are visiting is the most important person there is at that time. Listen to what they say. Make sure you have understood them by confirming it with them. Be careful not to parrot them.

Stories Hear the stories of their life. Memories are important because it is our history that makes us who we are.



The workshop is central to Shed West activities and we receive frequent visits from members of other sheds and those considering establishing a shed. From the right Richard and Malcolm show Richard's friend Barry the facilities at Shed West.



Social BBQ at John Wellsmore's place. (Photo HB)

Feelings Do not be afraid to allow feelings to surface if this should happen. Men tend to suppress feelings but may share more freely with a stranger.

Needs People often won't ask for help. During your visit be sensitive to possible needs that the shed or you may be able to satisfy. It may take a bit of subtle diplomacy to get to the subject.

Presence Sometimes a visit may be silent, particularly with the very ill or grieving and just having you present is beneficial to the other person. A silent visit doesn't signify a poor visit outcome.

Confidentiality Keep the confidence. Anything personal or private that gets talked about during a visit should not be divulged to others without permission.

Notes Shortly after your visit reflect on it and write a brief commentary of the visit. What was said by each of you? Consider how you could have improved the visit. These notes are not for sharing with others but will help you improve as a visitor and also a memory refresher before your next visit with that person.

TLQR

- Tune in to the person you are visiting or talking to.
- Listen to what they are saying.
- Question or query if appropriate to get the true meaning of what they are saying.
- Review as the meeting progresses to assess if you are making progress.

10 Helpful Technology Links

Malcolm Douglas

1. Latest news and reviews

Whether you're looking for a new app on your smartphone or you're in the market for a fancy new car, CNET will give you a thorough review so you can make an informed decision. The site covers all the latest tech news in Australia and overseas. www.cnet.com.au

2. Old faithful

Google is such a part of our lives that it is now entrenched in our vernacular. We are constantly told to 'Google it'. This is because Google will provide the answer.

www.google.com

3. Great gadgets

From the latest vacuum cleaner, to a brand spanking new 3D television, Gadget Guy has you covered with numerous reviews and regular updates on what's coming next.

www.gadgetguy.com.au

4. Share your photos with friends

If you're looking for a great online platform to store and share your photos, then flickr might just be the place. You can safely store your memories on this site and then easily share them on Facebook, email, Twitter and your blog. www.flickr.com



Presentation of training aids to McIntyre Centre Equestrian Foundation for Disabled Children.

5. Everything online

The Mashable website is a great resource for those who are interested in all things online. It gives some useful 'How to' guides on social

media as well as posting regular news articles on what's currently happening online.

www.mashable.com

6. Social media savvy

Want to learn more about social media and how it's taking over the world? Whether it's Facebook, Twitter, Google+, LinkedIn or any other, The Social Media Guide helps you through either basic or complicated questions.

www.thesocialmediaguide.com

7. Digging deeper

The How Stuff Works website helps you find answers for your tech questions. It features a number of useful 'How to' articles and videos.

www.howstuffworks.com

8. Making life easier

Lifehacker is an Australian website that gives tips on technology to make life more productive. It does this by highlighting free software and tools. www.lifehacker.com.au

9. Staying safe

The official Australian Government website Stay Smart Online provides a wide variety of information regarding online security. Much like [YOURLifeChoices Safety Online](http://www.yourlifechoices.gov.au) page, it covers home and business use, as well as providing information on safety for kids and teenagers. www.staysmartonline.gov.au

10. All about

About.com has a great computing and technology page. Among other things it provides product reviews, easy to follow guides and useful safety tips. www.about.com



Shed West display at the Brookfield Show. (Photo HB)

Men's Cooking Shaking Beef

adapted by Graeme Curnow

This can readily be adapted as a 'Meal for one'.

It's origin is a Vietnamese dish that gets its name from the way you shake the wok as you cook the beef.

Preparation time: 10 minutes (plus 1 hr marinating)

Cooking time: 5 minutes

Ingredients:

- 1 generous tbsp fish sauce
- 1 generous tbsp light soy sauce
- 1 tsp caster sugar
- 2 cloves garlic (finely chopped or grated)
- 600g fillet steak (thinly sliced)
- 1 tbsp macadamia nut oil
- Few drops sesame oil (to taste)
- Pepper- to season

To Serve:

- Rocket (or watercress)
- Fresh tomato (coarsely chopped)
- Red onion (halved and sliced)

Combine the fish sauce, soy sauce, caster sugar and garlic in a bowl.

Trim excess fat from the beef and slice it thinly in 4 - 6 cm long pieces.

Add it to the marinade mix in the bowl, stir to coat the meat, season with pepper .

Cover and set aside to marinate for 1 hour



An important aspect of men's welfare involves regular social contact. The shed's weekly meetings at both Kenmore and Bellbowrie and frequent BBQ events are important contributors.



Nothing like camp oven cooked damper and syrup for Jim at a recent Shed event.

Heat the wok over high heat.

Add half the macadamia oil and a few drops of sesame oil (to taste.)

When the oils are smoking, add half of the marinated Beef.

Cook the beef while **shaking the wok**, for about 1 - 2 minutes, until the beef is charred on the outside but still rare in the centre.

Transfer to a serving plate and don't let it get too cool.

Meantime re-heat the wok and repeat the cooking process with the remaining oils and marinated beef.

Top each serve of meat with sliced onion, chopped tomato and rocket, in quantities to suit.

Serve immediately.

McIntyre Centre Visit

May's outing saw the group visit the McIntyre Centre. This was a truly wonderful experience to see what is being achieved with horse riding for disabled children.

The achievements are incredible and it was an opportunity to make a small donation, as well as present the Centre with some Shed made accessories. (See picture on page 4). So popular is the Centre, which started in 1973, that there is a five year waiting list of 150 children and only five new places became available last year.

The need for support is highlighted by the huge losses in both the 1974 and 2011 floods and the five thousand dollars it costs per horse per

year for the twenty-six horses at the Centre. The Centre has an ambitious development plan for new facilities and flood proofing.

It was also an opportunity to hear Sue's story. This highlights the success that can be achieved.

When Sue started at the centre she could not walk, but in 1998 first entered a dressage competition and since then has gone to eleven National championships and has been national Champion three times. Sue competed overseas and won a bronze medal in Canada, but missed the 2010 world championships in Kentucky due to the costs involved — \$70,000! We wish her success as she tries for the next Paralympics.



Member Peter with Sue who found plenty to discuss about horses.

Spanner in the Works



Health care professionals, Vanessa, Lisa and Bronwen, who provided the health checks;

The Spanner in the Works program was a huge success. During the day over sixty men attended and three new members joined up.

More than fifty men took up the opportunity to undertake free health checks. Spanner in the Works is a men's health program conducted by Shed West as part of the Australian Men's Shed Association national program.



Malcolm checks Tony's blood pressure.

The program provided opportunities for men to explore a range of health initiatives. The activities featured health information displays, blood pressure checks, hearing checks, diabetes risk assessment and a presentation on fitness by Bellbowrie member and personal trainer Dean Martin. Morning tea of damper with tea and coffee was provided by our camp cooks while having the opportunity for a relaxed yarn with others. A key feature of Dean's talk was about hip fitness and its contribution to a healthy back. There was strong interest in having some exercise activity associated with our local meetings. Our thanks go to the health professionals who provided these services — Vanessa and Lisa from Kenmore Clinics, Bronwen from Medicare Local and Tanya from Australian Hearing



Ian was just one of the many members who took the opportunity for a free hearing test with Tanya from Australian Hearing.

AMSA News

Missed the latest Australian Men's Shed Newsletter (AMSA) go to www.mensshed.org

How to Start / Run a Men's Shed

The Australian Men's Shed Association has released the much anticipated 'How to Start/Run a Men's Shed' manual.

This is an updated version of the 'Setting Up a Men's Shed' guide, of which thousands of copies are being circulated in Australia and overseas.

The main focus is on sustainability, providing an unprecedented amount of downloadable documentation including: Plan of Management, Policies and Procedures, Position Descriptions and Day to Day Management systems, plus much more.

This concise and user friendly manual, endeavours to make the process of starting and sustaining a shed, as simple as possible and complements the resources and ongoing support already available and obtainable from AMSA.

QMSA News

There are around 95 Men's Sheds registered in Queensland although half of these are in the developing stage.

Since 2009, when there were only about 8 Men's Sheds, Queensland Men's Shed Association (QMSA) has been providing support to Queensland sheds. Our support has been limited because all of it is carried out by volunteers and financed by very small donations from grateful sheds. Your Committee has met most of the expenses out of our own pockets. The unprecedented growth in numbers and the interest in establishing new sheds throughout Queensland means there is a huge need for encouragement and support to be provided statewide. **QMSA has to have funds to operate.** Ours is a huge State to cover. There are sheds located from the Torres Strait, to the southern border and out in the west.

We lobbied both major political parties before the recent State elections but to date, no State Government funding is forthcoming.

Now we have a promising alternative but we need help from EVERY Qld. Shed to bring it to fruition.



Allan and Ian find time for chat. (Photo HB)

QMSA Committee is developing a liaison with the Queensland Supply Chain and Logistics Conference. Each year this group selects a well-deserving cause and features them at their State Conference. There, they raise money to help their chosen cause.

This year it is the QMSA. Graeme Curnow has been invited to be guest speaker at the 2012 Queensland Supply Chain and Logistics Conference dinner to be held at the Sofitel Hotel on Thursday night 23 August.

They want to offer more than just money. Perhaps they can provide advice and expertise to individual sheds, to help them source land, building and equipment, as well as to take advantage of their expertise in WH&S. We have been asked to nominate other ways in which they may help.

Queensland sheds have been invited to help with the fund raising at the Conference, and promote the Queensland's Men's Sheds.

1. Provide large items for an auction at the dinner. Neil McMeniman has kindly offered to make one of his popular Toy Diggers.
2. Provide a minimum of 40 small items made at men's sheds, at least one per table.



One of several garden seats restored in the workshop for the Brookfield Priory. (Photo HB)

Workshop News

Don Bray

For quite some time, the Shed has had problems with work space, particularly on some training and Toy-boy sessions. One of my first ideas was to remove the big lathe, due to the fact no one was using the equipment. However, we have a new member, Kev Mather, who has high engineering qualifications, and indicated his willingness to help anyone interested in using this equipment. After careful consideration, it was decided to move the big lathe to the rear wall.

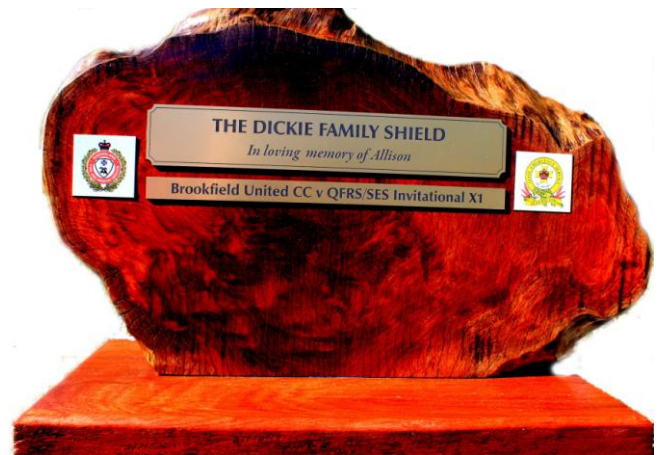
The result is better than we thought it would be. With the help of the Thursday group, we have re-organised the metal area, and expanded the wood working area, with really good results. It is now up to the members to help keep the area tidy, by not leaving equipment on benches etc after use, and returning it to storage areas. It is also a must that all rubbish and off-cuts be put in the bin or storage racks as soon as it is used, and not left to the last man standing, usually muggings me, to clean up. Further, we are installing outside power points for your convenience, courtesy of Brian Purvis, a new member, who is a fully licensed (retired) electrical contractor.

My next target area is under the awning, which is an untidy mess, and could be used more. I will be away for most of July, so I ask that those of you, who go to the shed, assist the regular few in keeping the shed clean and tidy.



Doug (centre) with keen Shed supporters Brent (right) and Dan (left) with some of the many boxes made for the Inala Kindergarten. (Photo HB)

Once more, I thank all concerned in the re-organisation for your assistance, which made the job easy.



Member Col produced a trophy for the charity cricket match at Brookfield oval in support of the children of Allison Baden-Clay. (Photo HB)

Interested

Visit the Shed at 98 Brookfield Road Kenmore Hills any morning Monday to Friday or enquire about the Tuesday afternoon meetings at Kenmore or Wednesday afternoon events at Bellbowrie.

More Information

www.shedwest.com.au

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